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AWARD NUMBER: W81XWH-10-1-0024

TITLE: 2009 New England American College of Sports Medicine Conference

PRINCIPAL INVESTIGATOR: Dino G. Costanzo

CONTRACTING ORGANIZATION: American College of Sports Medicine

New Britain, CT 06052

REPORT DATE: January 2010

TYPE OF REPORT: Final Proceedings

PREPARED FOR: U.S. Army Medical Research and Materiel Command

Fort Detrick, Maryland 21702-5012

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E-Mail: dcostanzo	@thocc.org			5f. WORK UNIT NUMBER			
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15. SUBJECT TERMS None provided.							
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**REPORT DOCUMENTATION PAGE** 

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# 2009 NEACSM Conference Summary:

The 2009 New England Chapter of the American College of Sports Medicine Meeting was held at the Rhode Island Convention Center in Providence, Rhode Island on November 5-6. The meeting was attended by 751 professionals and students from clinical, academic, and government institutions. In total, the conference had 35 professional presentations and over 30 free communication presentations. The number of registrants, number of sessions, vendors, and conference survey results are presented below. The schedule grid for all presentations is also attached, as is the conference brochure.

# Registration Breakdown

# of registrants – 751 Professional – 227 Student – 524

# Session Breakdown

Total # of presentations – 35 Keynotes - 2 Special topic sessions (invited speakers) – 9 Breakout sessions – 24

# Vendor Breakdown

Total # of vendors - 10

# List of Vendors

# **CSMI**

Mr. David Bernardi 101 Tosca Drive Stoughton, MA 02072

# **GATORADE**

Barrington, IL

# SPRINGFIELD COLLEGE

Charles J. Redmond, Dean School of HPER HPER/Wellness Center Springfield College Springfield, MA 01109

# SOUTHERN CONNECTICUT STATE UNIVERSITY

Megan Rock Institutional Advancement Southern Connecticut State University 501 Crescent Street New Haven, CT 06515

# **HARVEST TECH**

Ms. Kim James 40 Grissom Road, Suite 100 Plymouth, MA 02360 USA

# **DAIRY COUNCIL**

Dr. Matthew Pikosky Director Research Transfer 10255 West Higgins Rd, Suite 900 Rosemont, IL 60018-5616

#### SHIELDS MRI

700 Congress Street Suite 204 Quincy, MA 02169

# **IDT DNA**

Sean McCall Integrated DNA Technologies 1710 Commercial Park Dr Coralville, IA 52241

## **IWORX**

Ms. Michelle Gibson iWorx Systems, Inc. One Washington Street, Suite 404 Dover, NH 03820

# **PARVO MEDICS**

8152 South 1715 East Sandy, UT 84093

# After-Action, Evaluation Surveys

Survey items are rated from 1 to 5, with 1 denoting extremely dissatisfied, 2, denoting dissatisfied, 3 being neutral, 4 denoting satisfied, and 5 denoting extremely satisfied. The average scores were:

- #1 Overall quality of the presentations 4.49
- #2 Facilities where presentations were conducted 4.45
- #3 Value of the presentations 4.20
- #4 Presentation objectives met 4.35
- #5 Please rate the presenter(s) for effective delivery- 4.13

	THURSDAY NOVEMBER 5, 2009							
TIME	ROOM #550	Room # 551	Rotunda	ROOM #552	ROOM #553			
8:30- 9:30	Free Communications	Invited Speaker:  Linear growth, sport training and puberty: Hormonal chaos?  Alan Rogol	Evolution of Autologous Platelet Rich Plasma and Regenerative Therapies Herb Stevenson, M.D.	Making Sense of the Sports Food Scene Nancy Clark	Public Health and University Based Childhood Obesity Program: Application to Service Learning in Exercise Science  Wendy Bjerke Paul Gallo			
9:40- 11:10	Free Communications	Inducing muscle growth after puberty: Endogenous and Exogenous Hormonal Enigmas  Bill Kraemer 9:40-10:30  Round Table- 10:40-11:10 Alan Rogol, Bill Kraemer, Scott Gordon, Moderated by Maria Urso	Case Presentations I Sports Medicine Fellows  Jeffrey Manning MD Arturo Aguilar MD Amy Macqueen MD Jansen Tiongson MD	Exercise is Medicine: Applying the Message Dick Cotton	The Non-Critical Core Temperature Sam Cheuvront Brett Ely			
11:20-		Keynote Le	cture (Ballroom A): Daniel I					
12:30			an Evolution and Human He					
12:30- 1:30		LUNCH (S	Student Luncheon - Ballroon	ns D & E)				
1:30- 2:30	Free Communications	Invited Speaker:  Mechanisms of Skeletal Muscle Injury: Understanding Injury Through Understanding the Cell Maria Urso	Invited Speaker: Nasty and Not so Nasty MRSA Infections  Henry Feder Jr, M.D. Professor of Family Medicine and Pediatrics UCONN	Diabetes: From Cellular Dysfunction and Adaptations to Exercise Michael See Laurie Goodyear Barry Braun	Ergogenic Aids: The Good, the Bad and the Waste of Your Money.  Disa Hatfield			
2:40- 3:40	Free Communications	Invited Speaker:  AMPK: A Potential Negative Regulator of Aged Skeletal Muscle Mass and Growth?  Scott Gordon	Case Presentations II Sports Medicine Fellows  Deena Petrocelli, MD Darius Greenbacher MD, Peter Kriz, MD		Past President's Lecture  A History of Exercise Physiology in New England  John Castellani			
3:50- 5:20	Free Communications	Relationship Between Skeletal Muscle Blood Flow and Glucose Regulation Following Exercise  Thomas Pellinger 3:50-4:30  Examining Muscle Function and Dysfunction Using In Vitro Molecular Methods Ned Debold 4:40-5:20	Roundtable-Difficult cases and Return to Play Decisions  Mark Bouchard , M.D. Pierre Rouzier, M.D. Matthew Pecci, M.D. Moderated by Shawn Ferullo, M.D.	Energy Drinks: Harm or Hype  Larry Armstrong Nancy Rodriguez Jeff Volek Jeff Anderson Moderated by Carl Maresh	Athletes and Deep Vein Thrombosis: Competition and Coagulation  Beth Parker Donna Polk, MD Wendy Bjerke			
5:30- 7:30	President's Reception	on and College Bowl (Sponsored in pa	rt by: ) (Ballrooms D & E)	Sponsored in part by S	outhern CT State University			

		Frid	lay November 6, 2009					
	ROOM #550	Room #551	Rotunda	ROOM #552	Room #553			
8:00- 8:30	Town Hall – NEACSM Business meeting (Room #550)							
8:30- 9:30	Free Communications	Invited Speaker  I Would Have Stopped Eating but My Hormones Wouldn't Let Me.  Scott Montain	Tutorial: Osteopathic Manipulation: an Extra Tool in the Sports Medicine Arsenal Douglas Comeau, D.O.	A Preview of ACSM's Guidelines for Exercise Testing and Prescription-8 <sup>th</sup> Edition Linda Pescatello Deb Riebe Dino Costanzo	Invited Speaker  Ethics in Practice  Jeff Salloway			
9:45- 11:15	Free Communications	Invited Speaker:  Dietary Carbohydrate Restriction Uniquely Targets Features of the Metabolic Syndrome  Jeff Volek	Case Presentations III Sports Med Fellows Tim Mcateer MD, Maine Nevid Mahooti MD, UCONN Sarah Gibson MD, Children's Attending Case: Amy Costa, MD	Invited Speaker  The sympathetic nervous system in dehydration: balancing blood pressure and blood flow Nisha Charkoudian	Musculoskeletal Injuries in the Young Performing Artist: Spine and Pelvis  Pierre d'Hemecort Andrea Stracciolini			
11:15-	Knuttgen Keynote Lecture (Ballroom A): Scott Powers							
12:30	Mechanisms of Disuse Muscle Atrophy Sponsored in Part by Springfield College							
12:30-	LUNCH							
1:30								
1:30- 2:30	Free Communications	Responses of NCAA Div III Collegiate Athletes to Physical Training  Margaret Jones Brian A. Thompson	Invited Speaker: Musculoskeletal Ultrasound  Alda Cossi, M.D. Associate Professor of Radiology Boston University	Practical Training for Rock Climbing from Teens to Adults Robert Huyler	How to get Injured Athletes back into the Game: Extending beyond Physical Recovery  Allyson Howe Timothy McAteer Daniel O'Neill Amy MacQueen			
2:45- 3:45			Tutorial: Special Lecture Stephen T. Sweriduk, M.D. Shields MRI					



# CONFERENCE HIGHLIGHTS

**KEYNOTE SPEAKER** 



Daniel E. Lieberman, Ph.D.

Professor, Department of Human Evolutionary Biology, Harvard University "Human Evolution and Human Health" Thursday, November 5, 11:20 a.m.-12:30 p.m.

#### KNUTTGEN SPEAKER



Scott K. Powers, Ph.D., Ed.D.

UAA Endowed Professor and Distinguished Professor of Applied Physiology and Kinesiology, University of Florida "Mechanisms of Disuse Muscle Atrophy" Friday, November 6, 11:15 a.m.-12:30 p.m.

#### **INVITED SPEAKERS**



Alan D. Rogol, MD, Ph.D.

Professor of Pediatrics, Riley Hospital for Children; Indiana Univ. School of Medicine and Professor Emeritus Univ. of Virginia "Linear Growth, Sport Training and Puberty: Hormonal Chaos?" Thursday, November 5th, 8:30-9:30 a.m.



William J. Kraemer, Ph.D., FACSM

Professor, Department of Kinesiology Univ. of Connecticut, Storrs, CT "Inducing Muscle Growth After Puberty: Endogenous and Exogenous Hormonal Enigmas"

Thursday, November 5th, 9:40-10:30 a.m.



CPT Maria L. Urso, Ph.D.

United States Army Research Institute of Environmental Medicine, Natick, MA "Mechanisms of Skeletal Muscle Injury: Understanding Injury Through Understanding the Cell" Thursday, November 5th, 1:30-2:30 p.m.



Henry M. Feder, Jr., M.D.

Professor of Family Medicine and Pediatrics, University of Connecticut Medical Center and Connecticut Children's Medical Center "Nasty and Not So Nasty MRSA Infections" Thursday, November 5th, 1:30-2:30 p.m.



Scott Gordon, Ph.D.

East Carolina University "AMPK: A Potential Negative Regulator of Aged Skeletal Muscle Mass and Growth" Thursday, November 5th, 2:40-3:40 p.m.



Scott J. Montain, Ph.D.

Research Physiologist United States Army Research Institute of Environmental Medicine, Natick, MA "I Would Have Stopped Eating But My Hormones Wouldn't Let Me" Friday, November 6th, 8:30-9:30 a.m.



Jeffrey Colman Salloway, Ph.D.

Professor Emeritus, Health Management and Policy, Univ. of New Hampshire "Ethics in Practice"

Friday, November 6th, 8:30-9:30 a.m.



Jeff S. Volek, Ph.D., RD

Associate Professor, Univ. of Connecticut "Dietary Carbohydrate Restriction Uniquely Targets Features of the Metabolic Syndrome"

Friday, November 6th, 9:45-11:15 a.m.



Nisha Charkoudian, Ph.D.

Associate Professor of Physiology Mayo Clinic College of Rochester, MN "The Sympathetic Nervous System in Dehydration: Balancing Blood Pressure and Blood Flow"

Friday, November 6th, 9:45-11:15 a.m.

Alda Cossi, M.D.

Associate Professor of Radiology Section Head, Ultrasound Boston Univ. Medical Center/BMC "Musculoskeletal Ultrasound"

Friday, November 6th, 1:30-2:30 p.m.

#### HOTEL ACCOMMODATIONS

Blocks of guest rooms are available for conference attendees at a special reduced rate at three Providence hotels. Be sure to identify your affiliation with NEACSM in order to receive the special conference rate. Please reserve your room no later than October 21 in order to receive the special rates listed below:

#### The Westin Providence

One West Exchange Street Providence, RI 02903 (401)-598-8000 \$139.00/night

# **Hilton Providence**

21 Atwells Avenue Providence, RI 02903 (401)-831-3900 \$139.00/night

#### Motel 6

Warwick, RI, (401)-467-9800 Located 15 minutes from the Rhode Island Convention Center. \$55.99-\$67.99/night, 10% discount for reservations made via internet: www.motel6.com, click "6" and go to "internet specials".

#### DIRECTIONS TO THE CONFERENCE

#### From the South

Take 95 North to Exit 16 to Route 10 North. Continue North to the Dean Street Exit. Once on the exit, stay to the left, and at the light cross over Dean Street. Then take your first right onto West Exchange Street to the Rhode Island Convention Center Garage.

#### From the North

Take 95 South to the Civic Center Interchange, Exit 22, Downtown Providence. Stay to the left on the ramp; at the end go right. At the light go right to the Rhode Island Convention Center Garage.

For more detailed directions, log on to: www.neacsm.org

November 5 & 6, 2009 Rhode Island Convention Center Providence, Rhode Island



NEACSM Office
The Hospital of
too Grand Street
New Britain, CT o6050

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# Welcome!

I am pleased to invite you to take part in the Annual Regional Chapter Meeting of the New England

American College of Sports Medicine. The Program Planning Committee and I are excited about the variety of scientific and clinical presentations at this year's meeting that are of interest to students and professionals alike. This year's Keynote Lecturers are Scott Powers,



Ph.D., Endowed and Distinguished Professor at the University of Florida who will be speaking on muscle atrophy and Daniel Lieberman, Ph.D., Professor of Biological Anthropology at Harvard University, who will present on human health and evolution.

In addition we have a number of invited speakers who are subject matter experts in their respective areas speaking on topics ranging from carbohydrate restriction, appetite, exercise training and puberty, muscle growth and injury, and the control of blood pressure. We are also fortunate to have a special session on the Exercise is Medicine initiative and are continuing the Past-President's lecture, re-introduced at last year's meeting. This year, John Castellani, Ph.D. will lecture on the history of exercise science within the New England region. As in years previous, we are including the Regional Sports Medicine Conference into the schedule and topics in these sessions include musculoskeletal ultrasound, osteopathic manipulation, making return to play decisions and a number of case presentations by Sports Medicine Fellows.

In addition to the numerous scientific, clinical and informational sessions there will be a number of social activities including the President's Reception and the 6th Annual College Bowl on Thursday evening. For students, special events include the President's Luncheon and the Free Communication Student Investigator Awards. Students who are interested in attending the Luncheon should sign up when registering, as space is limited.

We hope that you will take full advantage of the programs, events, social and networking opportunities at this year's meeting. On behalf of the New England Chapter, thank you for attending the NEACSM 2009 Fall Meeting.

Please feel free to contact the NEACSM office at (860) 224-5888 if you have any questions. For more information about the 2009 NEACSM conference go to www.neascm.org.

Robert W. Kenefick, Ph.D., FACSM President-Elect and Program Chair Black line does not print Shows edge of 3.25" panel Black line does not print Shows edge of 3.25" panel

# **NEACSM Program**

#### SCHEDULE

Registration for both days begins at 8:00 am.

**Thursday:** *Conference*: 8:30 am - 5:30 pm. **Friday:** *Conference*: 8:30 am - 3:45 pm.

#### ACCREDITATION

# **Continuing Education Credits**

NEACSM is an approved provider for ACSM and the Board of Certification, Inc. (BOC-P788). We have applied for twelve and a half (12.5) hours of CECs. Attendance verification forms will be available upon request. Continuing Medical Education (CME) credits have been filed with the American Academy of Family Physicians. Determination of CME credits is pending.

#### TARGET AUDIENCE

NEACSM and ACSM members and all professionals and students interested in the field of sports medicine and exercise science.

#### OBJECTIVES

At the conclusion of the meeting, participants should be able to:

- Recognize the biological, biomechanical and physiological basis, on both the micro-structural and macro-structural levels for the changes, events and adaptations that occur during and following exercise in both nor mal and pathologic states.
- Learn new approaches to problems in exercise science, health promotion, and sports medicine through interaction with leading scientists, clinicians, practitioners and educators.
- Examine current basic and applied scientific and clinical information to enhance their knowledge of disease prevention and management, health and physical activity promotion, physical performance enhancement, exercise, fitness, and sports medicine.

## EVENTS

Presidents' Student Luncheon

Thursday, November 5th: 12:30 - 1:30 pm.

**President's Reception and Student Awards** Thursday, November 5th: 5:30 - 7:00 pm.

**6th Annual College Bowl at President's Reception** Thursday, November 5th: 5:30 - 7:00 pm.

**NEACSM Town Meeting** 

Friday, November 6th: 8:00 - 8:30 am.



# Annual Fall Conference New England ACSM

# Student Luncheon

NEACSM Student Luncheon provided in part by the David N. Camaione Fund Thursday, November 5th:

12:30 - 1:30 pm, Ballroom Must have a reservation.

For more information, contact: Donna Murphy at (860) 224-5888

# College Bowl

Students test their sports medicine knowledge in the 6th Annual 'College Bowl' Thursday, November 6th: 5:30 - 7:00 pm.

For more information, contact: Heinrich Doll at (410) 874-5438 or email: Hdolo96u@postoffice.uri.edu Peter Ronai at (203)925-4201 or email: tprona@bpthosp.org

# Student Raffle



One student who registers by September 28 will be chosen to win a one-night hotel stay.



One student who registers by September 28 will be chosen to have their conference registration fee reimbursed.

# THURSDAY, NOVEMBER 5th

- Keynote Lecture: Human Evolution and Human Health Daniel Lieberman, Ph.D.
- Invited Speaker: Linear Growth, Sport Training and Puberty: Hormonal Chaos? Alan Rogol, Ph.D.
- Invited Speaker: Inducing Muscle Growth After Puberty: Endogenous and Exogenous Hormonal Enigmas
   Bill Kraemer, Ph.D., FACSM
- Invited Speaker: Mechanisms of Skeletal Muscle Injury: Understanding Injury Through Understanding the Cell Maria Urso, Ph.D.
- Invited Speaker: AMPK: A Potential Negative Regulator of Aged Skeletal Muscle Mass and Growth Scott Gordon, Ph.D.
- Free Communication Sessions
- Tutorial: Making Sense of the Sports Food Scene Nancy Clark, MS, RD, CSSD
- Colloquium: Public Health and University Based Childhood Obesity Program: Application to Service Learning in Exercise Science Wendy Bjerke, MS; Paul Gallo, MA
- Exercise in Medicine: Applying the Message
  Dick Cotton, MA, ACSM Certified Preventive & Rehabilitative Program Director
  - Symposium: The (Non)-Critical Core Temperature Hypothesis Sam Cheuvront, Ph.D., FACSM; Brett Ely, MS
- Tutorial: Relationship Between Skeletal Muscle Blood Flow and Glucose Regulation Following Exercise: Performance and Clinical Implications Thomas Pellinger, Ph.D.
- Tutorial: Examining Muscle Function and Dysfunction Using In Vitro Molecular Methods Ned Debold, Ph.D.
- Symposium: Diabetes: From Cellular Dysfunction and Adaptations to Exercise. What we Know (and Don't)
  Michael See, MS; Laurie Goodyear, Ph.D.; Barry Braun, Ph.D.
- Tutorial: Ergogenic Aids: The Good, the Bad and the Waste of Your Money
   Disa Hatfield, Ph.D.
- Past-President's Lecture: A History of Exercise Physiology in New England John Castellani, Ph.D., FACSM
- Roundtable-Difficult Cases and Return to Play Decisions
  Mark Bouchard, M.D.; Pierre Rouzier, M.D.; Matthew Pecci, M.D.
- Colloquium: Energy Drinks: Harm or Hype?

  Larry Armstrong, Ph.D., FACSM; Nancy Rodriguez, Ph.D., FACSM; Jeff Volek, Ph.D.;

  Jeff Anderson, M.D.; Moderated by Carl Maresh, Ph.D.,FACSM
- Mini-Symposium: Deep Vein Thrombosis in Athletes: Competition and Coagulation Beth Parker, Ph.D.; Paul Thompson, M.D.; Wendy Bjerke, MS
- Case Presentations I: Sports Medicine Fellows
  Jeffrey Manning, M.D.; Arturo Aguilar, M.D.; Amy Macqueen, M.D.; Jansen Tiongson, M.D.

• Case Presentations II: Sports Medicine Fellows
Deena Petrocelli, M.D.; Darius Greenbacher, M.D.; Peter Kriz, M.D.

**Sports Medicine Presentations:** 

- Invited Speaker: Nasty and Not So Nasty MRSA Infections
  Henry Feder Ir, M.D.
- Evolution of Autologous Platelet Rich Plasma and Regenerative Therapies
   Herb Stevenson, M.D.

#### FRIDAY, NOVEMBER 6th

- Knuttgen Keynote Lecture: Mechanisms of Disuse Muscle Atrophy Scott Powers, Ph.D., FACSM
- Invited Speaker: I Would Have Stopped Eating But My Hormones Wouldn't Let Me Scott Montain, Ph.D., FACSM
- Invited Speaker: Dietary Carbohydrate Restriction Uniquely Targets Features of the Metabolic Syndrome *Jeff Volek, Ph.D.*
- Invited Speaker: Ethics in Practice *Jeff Salloway, Ph.D.*
- Invited Speaker: The Sympathetic Nervous System and Blood Pressure Regulation in Dehydration: Mechanisms and Functional Consequences Nisha Charkoudian, Ph.D., FACSM
- Invited Speaker: Musculoskeletal Ultrasound Alda Cossi, M.D.
- Tutorial: Osteopathic Manipulation: An Extra Tool in the Sports Medicine Arsenal Douglas Comeau, D.O.
- Tutorial: Special Lecture. Shields MRI Stephen T Sweriduk, M.D.
- Free Communication Sessions
- Colloquium: A Preview of ACSM's Guidelines for Exercise Testing and Prescription-8th Edition

Linda Pescatello, Ph.D., FACSM, Deb Riebe, Ph.D., FACSM; Dino Costanzo, MA, RCEP, FACSM

- Colloquium: Musculoskeletal Injuries in the Young Performing Artist: Spring and Pelvis Pierre d'Hemecort, M.D.; Andrea Stracciolini, M.D.
- Tutorial: Responses of NCAA Div III Collegiate Athletes to Physical Training Margaret Jones, Ph.D., FACSM, CSCS
- Tutorial; Practical Training for Rock Climbing from Teens to Adults Robert Huyler, B.A.
- Mini-Symposium: How to get Injured Athletes Back into the Game: Extending Beyond the Physical Recovery

  Allyson Howe, M.D.; Timothy McAteer, M.D.; Daniel O'Neill, M.D., EdD;

  Amy MacOueen, M.D.
- Case Presentations III: Sports Medicine Fellows
  Tim Mcateer M.D.; Nevid Mahooti M.D.; Sarah Gibson, M.D.; Amy Costa, M.D.

#### 2009 MEETING SUPPORTERS

We'd like to thank all of our sponsors for their generosity

















# CONFERENCE REGISTRATION

Please select from the following o No registration by phone or fax.	ptions to register for the NEA	CSM Conference: Pre-regis	stration will be accepted throu	.igh October 19, 2009.	
To register by mail, simply co Donna Murphy – NEACSM C	mplete and mail the registrati Office, The Hospital of Central	on form, along with full pa Connecticut, 100 Grand S	ayment to: Street, New Britain, CT 06050	0	
To register on-line, through th	ne NEACSM Website: www.ne	easm.org (Our website use	s PayPal for secure on-line pa	iyment).	
LAST NAME		FIRS	T NAME	MI	
PROFESSIONAL AFFILIATION/CLUB/COL	LEGE/UNIVERSITY/ORGANIZATION	ī			
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CITY		STAT	ГЕ	ZIP	
PHONE		FAX			
E-MAIL		DEGF	REE		
Registration Fees — Member Rate NON-MEMBERS SELECTING NOT		OW MUST ADD \$35 TO RE  Registration As of Oct. 19	Registration On-Site	Total	
Professional Member 1-Day – Thursday	\$120	\$130	\$140		
Professional Member 1-Day – Friday	\$120	\$130	\$140		
Professional Member 2-Day	\$140	\$150	\$160		
Student Member 1-Day – Thursday	\$35	\$40	\$50		
Student Member 1-Day – Friday	\$35	\$40	\$50		
Student Member 2-Day	\$50	\$55	\$65		
NEACSM Dues: Students \$15; Pro	ofessionals \$35 — I wish to beco	ome a NEACSM member (1	Expires one year from date of iss	sue)	
Non-Member fee of \$35					
NEACSM Presidents' Student Lui	ncheon \$5 (Must be Pre-Paid v	vith Registration – No Ref	unds – Not Available on-Site)		
Enclosed is my tax deductible don	ation to the David N. Camaion	ne Fund in the amount of			
			To	OTAL AMOUNT	

Full payment must accompany the registration form. 

Check enclosed

Registration Refund Policy: All conference registration cancellations must be requested in writing. A 50% refund may be obtained up to 10 business days prior to the event. No refunds will be granted after October 21, 2009. Substitutions are allowed. For additional information, please contact Donna Murphy, NEACSM Processing Coordinator at: (860)-224-5888.